

FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page
<http://www-nehc.med.navy.mil/hp/index.htm>

Subscribe to this publication
by visiting our web site.
Click on "Friday Facts"

Friday FACTS

20 July 2001

"Leadership, Partnership, and Championship"

World Breastfeeding Week August 1-7

Breastfeeding in the Information Age



The ability to communicate is something we learn very early in life. For example, the gentle kick in a mother's belly is a baby's first contact with the outside world. During breastfeeding, a baby's eye contact with its mother helps induce the 'let-down' reflex and its suckling sends all kinds of information and signals to the right spots within the mother's body to produce more milk at the right time, right temperature and right amount for baby. Each year new research reaffirms the importance of exclusive breastfeeding for about six months and continued breastfeeding while providing adequate complementary foods up to two years of life and beyond.

Breastmilk provides optimal nourishment for infants and reduces the risks of certain diseases, including diarrhoea, and respiratory tract (including pneumonia), ear, and urinary tract infections. The act of breastfeeding is an essential component of good child care, contributing to healthy growth and psychosocial development. For additional information visit: <http://www.waba.org.br/wbw2001.htm>

Prenatal Care and Tests

Ultrasound in pregnancy: What can it tell you? For many parents, the first glimpse of their baby comes during an ultrasound exam, which typically is performed during the second trimester (three months) of pregnancy. But an ultrasound exam offers more than a first picture of your child — it's also a noninvasive and effective way of determining how a pregnancy is progressing.

The most common ultrasound exams bounce high-frequency sound waves off of tissues in the body to form black and white images on a small video monitor. Based on the information these images provide, doctors can determine the baby's approximate age and health. Because it doesn't involve radiation, which may expose you to potentially harmful radiant waves or particles, ultrasound is very safe for both mother and baby.

For more information visit: <http://www.mayoclinic.com/home?id=PR00054>



Caregiving for Alzheimer's - Benefits of caregiving

There's no question that caring for someone with Alzheimer's disease can be emotionally and physically stressful. Caregivers often feel frustrated, guilty, angry, anxious and, in general, overwhelmed. It's no wonder that much of the information available to caregivers focuses on coping with the associated stresses. What's often left out, however, is mention of the potential benefits or rewards that caregivers can experience - It's important to recognize that amid the struggles, good things also can come. When they asked participants to name the greatest reward of caregiving, the most frequent responses were: knowing that the care recipient is well cared for; feeling personal satisfaction in knowing that you are doing a good deed; and being on the receiving end of the care recipient's appreciation or happiness. For more information visit: <http://www.mayoclinic.com/home?id=AZ00013>

"Challenges are what make life interesting; overcoming them is what makes life meaningful." - Joshua Marine.